



FOUNDATIONS NOVEMBER 2022

CODES FOR 3 CLASS TIME OPTIONS BELOW, CHOOSE WHAT CLASS TIME SUITS YOUR SCHEDULE BEST.

PLEASE READ:

If you are to miss a class and would like to request the recording, please email assist.day1yoga@gmail.com with the **NAME and DATE** of the class being requested in the subject line. The recording is available for 24hrs. 😊

Topic: FOUNDATIONS 7AM US EST

Time: Nov 1, 2022 07:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Nov 1, 2022 07:00
Nov 3, 2022 07:00
Nov 8, 2022 07:00
Nov 10, 2022 07:00
Nov 15, 2022 07:00
Nov 17, 2022 07:00
Nov 22, 2022 07:00
Nov 24, 2022 07:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us02web.zoom.us/meeting/tZEqdeivrDwoGNX3ZoRaFQ_53Go4RO67EGb-/ics?icsToken=98tyKuGtgTkrHdaSshuGRpwMB4iod-3zpmZBJY1lzyXqMSF1UzjyZcVNZoBQRo_1

Join Zoom Meeting

<https://us02web.zoom.us/j/85721727221?pwd=SURzbiBWN0J6NVVWc2JacW1pbWk2UT09>

Meeting ID: 857 2172 7221

Passcode: 046150

One tap mobile

+17193594580,,85721727221#,,,,*046150# US

+12532158782,,85721727221#,,,,*046150# US (Tacoma)

Dial by your location

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)
Meeting ID: 857 2172 7221
Passcode: 046150
Find your local number: <https://us02web.zoom.us/j/klVwf09fj>

Topic: FOUNDATIONS 2PM US EST
Time: Nov 1, 2022 14:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Nov 1, 2022 14:00
Nov 3, 2022 14:00
Nov 8, 2022 14:00
Nov 10, 2022 14:00
Nov 15, 2022 14:00
Nov 17, 2022 14:00
Nov 22, 2022 14:00
Nov 24, 2022 14:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/meeting/tZYkf-2vrz4oGdPFMwKLI7oajZQ-gtJ3C-bC/ics?icsToken=98tyKuGqzMuHdWQshqARpwQHYqgLO3zmCVBiadtujLyKXafNQz3PNhzhf7VrOovz>

Join Zoom Meeting
<https://us02web.zoom.us/j/82984715237?pwd=UzhiNnphREs1YndyanVVL0tvY1M3Zz09>

Meeting ID: 829 8471 5237
Passcode: 199559
One tap mobile
+16699009128,,82984715237#,,,,*199559# US (San Jose)
+17193594580,,82984715237#,,,,*199559# US

Dial by your location

+1 669 900 9128 US (San Jose)
+1 719 359 4580 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 444 9171 US
+1 386 347 5053 US
+1 564 217 2000 US
+1 646 558 8656 US (New York)
+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)
+1 309 205 3325 US
+1 312 626 6799 US (Chicago)

Meeting ID: 829 8471 5237
Passcode: 199559
Find your local number: <https://us02web.zoom.us/j/kkCfaBG47>

Topic: FOUNDATIONS 8PM US EST
Time: Nov 1, 2022 20:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 8 occurrence(s)

Nov 1, 2022 20:00
Nov 3, 2022 20:00
Nov 8, 2022 20:00
Nov 10, 2022 20:00
Nov 15, 2022 20:00

Nov 17, 2022 20:00

Nov 22, 2022 20:00

Nov 24, 2022 20:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us02web.zoom.us/meeting/tZUvceyugDsuEt3Gem2IfPiucMxywpQ6HrUD/ics?icsToken=98tyKuGprD0vHNKVtBGORpwcAI_oZ-7wpmJbj7cOuxroUQlVUgrjNc9aK6VvIY74

Join Zoom Meeting

<https://us02web.zoom.us/j/81265660489?pwd=ZXlSaURCeKx0Y2tKVis1QkNwaiNTUT09>

Meeting ID: 812 6566 0489

Passcode: 451184

One tap mobile

+13462487799,,81265660489#,,,,*451184# US (Houston)

+16694449171,,81265660489#,,,,*451184# US

Dial by your location

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

+1 564 217 2000 US

+1 646 558 8656 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

Meeting ID: 812 6566 0489

Passcode: 451184

Find your local number: <https://us02web.zoom.us/j/81265660489>